



# Summer Sports Activities for Adults from City Parks & Recreation

## Los Banos Pool—Dive In!

Swim year-round in our oceanside, 50-meter, heated outdoor pool. Lap swim, lessons and weight room. Pool lane and locker rentals available. Daily visit or monthly passes. Masters coached swimming program available. 401 Shoreline Dr. Adult Lap Swim hours:  
M-F: 7-8am, 12-2pm, 7:15-8:15pm  
Weekends & holidays 12-2pm  
Daily: \$6/\$5; discounted swim passes available.  
**Info: 966-6110**

## Ocean Adventures!

**Kiteboarding Clinic:** beg/interm and advanced instruction. Four 1-week sessions, M-F, 2-5pm on East Beach. 7/5-7/9, 7/11-7/15, 7/18-7/22, 7/25-7/29

**Stand Up Paddling Clinic:** 3-day immersion course at Leadbetter Beach. Saturdays, 9-11am, July 16, 23, 30 or August 13, 20, 27.

**Ka Nai'a Outrigger Sunday Paddling Clinic:** Sundays 10-11:30am on beach west of Stearns Wharf. One free lesson.  
**Info: 897-2680**

## Hlt the Sands!

**Beach Volleyball and Advanced Beach Volleyball:** Learn the basics and advanced techniques on the sands of East Beach with local Masters Champion Brant Lee. Monday and Wednesday evenings, 6-8pm, all summer.  
**Info: 897-2680**

**4-on-4 Beach Volleyball League.** Coed. Tuesday evenings, 6-8pm, June 22-Aug. 10, East Beach  
**Info: 564-5422**

## Play Tennis For Life!

Quality grassroots programs for all ages at reasonable prices. Year-round group classes, private lessons, leagues and tournaments with USPTA-certified instructors.  
20 well-maintained public courts:  
**Municipal Tennis Center**, 1414 Park Place. 12 hard courts, 3 lighted courts. Daily dawn till 9pm.  
**Pershing Park**, 100 Castillo Street. 8 hard courts after 5pm weekdays and all day weekends. Drop-in Doubles, Mondays & Fridays, 6:30pm. 969-9655.  
**Daily permits:** \$7/ \$6. Annual permits: \$131/\$109; Senior (60+) \$120/\$109  
**Info: 564-5573**

## Swing a Golf Club!

The best golf value in the area, the Santa Barbara Golf Club is an 18-hole, full-service public course with a driving range, Pro Shop, cart & cub rentals, group & private lessons and restaurant & bar. Internet tee times. 3500 McCaw Ave.  
**Info: 687-7087 • [www.sbgolf.com](http://www.sbgolf.com)**

